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LOYOLA UNIVERSITY CHICAGO

MERGING PHYSICAL AND COGNITIVE CONTROL:
AN ANALYSIS OF PERCEIVED FEAR AND RISK OF RAPE

A THESIS SUBMITTED TO
THE FACULTY OF THE GRADUATE SCHOOL
IN CANDIDACY FOR THE DEGREE OF
MASTER OF ARTS
DEPARTMENT OF PSYCHOLOGY

BY
JENNIFER HOWARD BROCKWAY

CHICAGO, ILLINOIS

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ABSTRACT

The effects of perceived controllability of rape victimization among female college students were investigated while simultaneously manipulating the effects of perceived controllability over subjects' immediate, physical surroundings. In a true experiment ($N = 161$), perceived cognitive control was manipulated through a pamphlet rating task while perceived physical control was manipulated through control of headset usage. As predicted, women who read materials presenting rape as uncontrollable and random reported less perceived control and more perceived fear than women who read materials presenting rape as controllable. Women in this condition also reported greater personal subjective risk assessments, but only for items both depicting night scenarios and omitting direct rape references. Results are discussed in terms of an extension of Heath's (1980) and Heath and Davidson's (1988) findings.

CHAPTER I

INTRODUCTION

For almost three decades, fear of crime has consistently increased in importance for the public and in complexity for researchers (Skogan & Maxfield, 1981; Warr & Stafford, 1982). This trend will most certainly continue through the 1990s; crime recently replaced drugs as the number one problem facing modern America (Arthur Lurigio, personal communication, April 12, 1994). In response to this trend, the fear of crime phenomena has been investigated by a plethora of experts including psychologists (e.g., Heath & Davidson, 1988), sociologists (e.g., Covington & Taylor, 1991), criminologists (e.g., Bennett, 1991), architects (e.g., Mayo, 1988), and political scientists (e.g., Fisher & Nasar, 1992).

Researchers disagree over the conceptualization of fear of crime and definitions range from "the emotional response to possible violent and physical crime" (Covington & Taylor, 1991, p.231) to "fear for safety on the streets" (Thompson & Norris, 1992, p.97) to the realistic response to perceived threat (McPherson, 1978). Despite these discrepancies in definition, the issue of control has remained a stable and central concept to both empiricists and theorists investigating fear of crime. References to control permeate

the fear of crime literature, taking several different forms. Control can be perceived or real, personal or global, informational or physical. While most control researchers have focused on only one of these three sets of parameters, the current investigation attempts to merge these dimensions.

The locus of control construct was derived from social learning theory (Rotter, 1966). The basic proposition behind Rotter's theory is that expectancies link actions to outcomes. Rotter distinguished between external and internal locus of control to explain a trait-like expectancy which all individuals possess. Beck (1976) later proposed that a lack of control over positive events lead to an ascription of personal defects and inadequacies, while research by Seligman (1974) demonstrated that a sense of control over undesirable events was associated with low levels of depression.

People feel better when they have a sense of control and causation over events in their life (Langer & Rodin, 1976). Feelings of personal control may indirectly reduce the negative impact of life events by decreasing feelings of victimization and increasing attentive, active problem-solving (Zauntra & Reich, 1983). When one believes that one's own behavior can determine the occurrence of specific outcomes, fear may be reduced (Heath, 1984; Heath & Davidson, 1988). It is believed that by perceiving reality

in this way, perceptions of randomness in the world are reduced. Even self-blame, an internal attribution, has been demonstrated to be an effective coping strategy (Janoff-Bulman, 1982).

Changes in perceived control may influence several aspects of the fearfulness experience and it is crucial that these aspects be carefully conceptualized. Possessing a general fear of crime is different than perceptions of personal vulnerability towards crime. Bankston, Jenkins, Thayer-Doyle, and Thompson (1987), as well as Sparks and Ogles (1990), have called for a conceptual distinction between fear of crime and subjective probability estimates of personal vulnerability, maintaining that sensitivity to perceived risk has a substantial effect on overall crime fearfulness. Furstenberg (1971) also called for this "fear" and "risk" separation, asserting that the former is an emotional response and the latter is an assessment of reality.

Keeping fear and risk conceptually distinct, Heath and Davidson (1988) manipulated perceived controllability of rape through information describing the "typical" rape in multiple versions of a contrived rape "pamphlet." In the low perceived control version, subjects were informed that rape could happen "anywhere, anytime, and by any man" (p. 1336). In the high perceived control version, subjects were informed that women could reduce their chances of rape by

avoiding certain risky behaviors (e.g., hitchhiking; leaving one's window open). Heath and Davidson discovered that women incorporated the rape information into their global view of rape, thus increasing their level of fear for women in general. However, women did not change their personal assessment of risk and vulnerability towards rape. Hence, general low controllability rape information triggered fearfulness for fellow women, but did not affect women's personal feelings of rape susceptibility.

Perceived controllability of one's immediate, physical environment may affect perceived risk as well as fearfulness. According to the "signs of incivilities" model, individuals tend to make sweeping generalizations about crime in areas which convey symbols and clues of disorder such as graffiti, broken glass, and homelessness (Skogan & Maxfield, 1981; Wilson & Kelling, 1982). Such visual indicators often result in reduced perceived control as observers view these incivilities as non-predictable forces and symbols of police incompetency and community apathy (Lurigio, personal communication, April 12, 1994).

Several laboratory studies have also confirmed that individuals who feel they can control aspects of their immediate, physical environment often report less aversive side-effects. When Glass and Singer (1973) presented random, unpredictable noises to subjects, subjects experienced greater stress than when noises were presented

regularly. Later, when subjects were presented with control techniques over the aperiodic stimuli, stress and frustration decreased significantly. However, perceptions of control may reduce feelings of helplessness only temporarily. Glass and Singer discovered that even though subjects tended to adapt to the noxious noise initially, "behavioral residues" lasted, creating delayed adverse after-effects such as task impairment, reduced tolerance, and heightened frustration. They concluded that a "psychic cost" exists for individuals facing uncontrollable events. Although they attempted to adjust, these subjects become "less likely to cope with subsequent demands and frustrations" (p.168).

Research concerning the physical environment and levels of fear and control are scarce. Those studies that do exist often involve uncontrollable, extraneous variables making conclusions ambiguous (Rubenstein, Murray, Motoyama, & Rouse, 1980). Recent "natural experiments" have been conducted to determine if a structure's physical features influence fear of crime. For example, the architectural design of a campus visual arts building (Fisher & Nasar, 1992) and the location of a community bridge (Vrij & Winkel, 1991) have been recent topics of investigations. Although researchers found evidence to support a link between fear, perceived control, and the physical environment, control over extraneous variables is weak. For example, studies

investigating high-rises have confounded building structure with SES; it is also uncertain whether design or density are related to crime issues (Bynum & Purri, 1984).

Additionally, insight into causation is lacking. The majority of fear of crime studies are correlational, often drawing on data from national surveys (Van der Wurff, Van Staalduinen, & Stringer, 1989). Researchers step on dangerous scientific ground when they imply time-order relationships of correlated variables (Shaughnessy & Zechmeister, 1994).

The purpose of the present study is to examine perceived control within a true experimental framework. It is proposed that Glass and Singer's (1973) physical control techniques be merged with Heath and Davidson's (1988) design involving controllability through written, informational manipulations. While the former paradigm manipulated immediate physical aspects of perceived control, the latter manipulated future-oriented, global, cognitive control dimensions. By first affecting the level of perceived control over background music, and then manipulating the amount of perceived control over rape through informational pamphlets, the following hypotheses were proposed:

H1: HPC subjects will experience lower fear and risk levels and higher control levels than those exposed to the LPC condition.

H2: HCC subjects will experience lower fear and risk

levels and higher control levels than those exposed to the LCC condition.

H3: HCC subjects exposed to the HPC condition will experience lower fear and risk levels and higher control levels than subjects receiving either the LCC or LPC manipulation.

CHAPTER II

METHOD

Subjects

Subjects included female undergraduates ($n = 161$) from a midwestern university who volunteered for extra course credit in Introductory Psychology. Subjects were run in groups ranging from 4 to 14 participants. Groups were randomly assigned to experimental conditions.

Materials and Procedure

A 2 (High Cognitive Control (HCC), Low Cognitive Control (LCC)) X 3 (High Physical Control (HPC), Low Physical Control (LPC), No Physical (NP) factorial design was used to measure perceived control, fear, and personal risk. Subjects were seated in individual cubicles containing headsets in the experimental room. Partitions were placed between subjects to prohibit participants from witnessing either headset usage or non-usage. Participants were presented with one of two cover stories. The first story maintained that background music assists individuals with relaxation when confronted with stressful events. Subjects were told they would soon answer questions regarding an unpleasant topic--the topic of rape. Therefore, subjects were requested to listen to classical

music through their headsets for the duration of the experiment. Subjects were warned of potential headset malfunctioning, which could result in periodic static and other auditory interferences. In actuality, the malfunctioning was created by the researcher as a physical manipulation of perceived control. Two groups were given control over the music and noise (HPC conditions); two groups did not receive this option (LPC conditions). Two control groups did not receive any music manipulation (NP conditions). This type of physical manipulation is similar to that employed by Glass and Singer (1973).

Perceived physical control was manipulated through music and headset instructions which varied to manipulate three perceived physical control conditions. At the beginning of the experiment, participants were informed of past evidence regarding the "soothing effects" of background music (Russell, 1992; Stanley, 1991). Subjects were encouraged to wear their headsets despite the possibility of random auditory distractions. Oral "apologies" for these interferences were offered and remained constant across conditions to assist in controlling for the possible confounding of anger towards the experimenter (See Appendix A).

After the stated apologies, directions varied depending on the condition. HPC subjects were told that although the researchers would prefer that they wear their headsets, the

choice to remove them would be left to them (See Appendix B). These directions were presented to discourage HPC subjects from removing their headsets, while simultaneously giving these subjects the freedom and control to stop the noise, if they so chose. Given similar instructions, Glass and Singer (1973) found very few subjects actually chose to terminate the physical stimuli. Several studies maintain that the opportunity for control is sufficient to generate the perception of control (e.g., Chan, Karbowski, Monty, & Perlmutter, 1986).

The LPC subjects were given different instructions. They were told that despite the possible interferences, it was important that they keep their headsets on for the duration of the session. Subjects were told that previous participants had chosen to remove their sets and the researcher preferred the subsequent groups of subjects to wear their headsets (See Appendix C).

The second cover story addressed the perceived cognitive control manipulation by maintaining that the researchers, as members of a "Rape Interview Project," had agreed to create a pamphlet to help dispel of erroneous and potentially harmful stereotypes concerning rape situations. Subjects were asked to evaluate several portions of a "Pamphlet-in-Process" on its clarity and content. The pamphlet materials contained information conveying either high perceived controllability (HCC) or low perceived

controllability (LCC) over rape (See Appendices D and E). Pamphlet materials were slightly modified versions of those created and utilized by Heath (1980) and Heath and Davidson (1988).

Perceived cognitive control was manipulated within a booklet containing mock pamphlet material to be evaluated by the participants. Subjects were first asked to evaluate three potential pamphlet cover designs. Pamphlet covers contained no control manipulation, but served two important purposes. First, the cover rating allowed the physical control manipulation (i.e., music) to begin prior to the cognitive control manipulation. Secondly, the pamphlet covers served to strengthen the plausibility of the cover story (Heath & Davidson, 1988).

Respondents then were asked to evaluate the content of the pamphlet. Three major components within the experimental booklet systematically varied high and low perceptions of controllability regarding rape: (1) the cover letter, (2) three mock interviews with rape victims, and (3) the Rape Fact Sheet. The cover letter contained information regarding popular misconceptions and an overview of what comprised a "typical" rape. The low cognitive control (LCC) group received information maintaining that most rapes were random acts by strangers that could happen "anywhere, anytime, and to anyone." The high cognitive control (HCC) group received information maintaining that most rapes

occurred when women placed themselves in high-risk, "vulnerable situations" such as inviting the future attacker into her home.

Three mock interviews of hypothetical rape victims were used for the two cognitive control manipulations. The LCC scripts reported low control versions of rape by depicting non-risky, uncontrollable events, while the HCC scripts reported events of risky behavior that easily could have been avoided. For example, one LCC scenario described a rape of a woman who was randomly abducted off her sidewalk by the driver of a passing van. The corresponding HCC scenario depicted a similar rape by a van driver, but here the woman was hitchhiking (a high-risk activity).

The Rape Fact Sheet listed seven myths and seven facts regarding "typical" rape situations. Again, these lists varied by information used to convey low and high perceived controllability over rape victimization. For example, one LCC "fact" stated, "Most rape situations are ones over which the average woman can exert little control," while the corresponding HCC "fact" stated, "Women can actually exercise a great deal of control over the rape situation." LCC and HCC "myths" included items like, "Rapists get into women's homes because women don't lock their doors and windows," and "Most rapists crawl in through a window," respectively. These interviews held constant all other factors such as number of rapists, extent of injury, age,

weapon, response, and coping (Heath, 1980).

Subjects responded to items presented in an "Answer Packet" which contained both general manipulation checks and dependent measures to tap perceived control, fear, and personal risk (See Appendices F and G). Upon completion of this section, subjects were asked to remove their headsets and turn in their booklets. Careful and thorough debriefing was then conducted and subjects were given factual information regarding the issue of rape as well as a pamphlet containing numerous on-campus and off-campus rape information phone numbers (See Appendix G).

Manipulation Checks

Checks were included for the physical and cognitive control manipulations as well as an overall cover story check. To assure that perceived physical control was successfully manipulated, one item in the General Information section of the Answer Packet asked, "To what extent did you feel you were given the choice to control the use of your headsets?"

Both process and manipulation checks were utilized to determine the strength of the cognitive control manipulation. Process manipulation checks were included for each pamphlet section. For example, each "Rape Interview" included a question asking, "How controllable do you think the previous rape was?" For the "Rape Fact Sheet," a question regarding the extent to which these lists presented

rape as controllable was included. General cognitive control manipulation checks were also placed at the end of the rating tasks in a "General Information" section. Four questions regarding the overall controllability of rape were included (e.g., "How much control do you think women have over rape?").

To test for a general acceptance of the pamphlet-rating cover story, subjects were asked to print and detach their name and address from the last page of their Answer Packet if they were interested in receiving a copy of the final version of the rape pamphlet. It was assumed that the indication of future interest in an actual pamphlet was a strong indication of cover story acceptance.

CHAPTER III

RESULTS

Statistical analyses were performed for both the manipulation checks and the main dependent measures.

Manipulation Checks

Cognitive control. Following each manipulated section of the Rape Pamphlet (i.e., Interview One, Interview Two, Interview Three, Rape Fact Sheet) a question was posed asking how controllable each respective rape scenario seemed. One-way analyses of variances were performed on each of these questions. As predicted, significant differences for cognitive condition demonstrated that each item successfully differentiated rape controllability between the two versions ($p < .001$). (See Table 1 for summaries of these analyses).

Physical control. Two questions regarding subjects' control over the use of their headsets were included. The first question asked whether or not the experimenter offered instructions concerning the use of the headsets. One hundred percent of the subjects receiving headset directions answered in the affirmative.

The second question asked subjects to indicate the extent to which they felt they were given the choice to

TABLE 1

ANALYSIS SUMMARIES FOR COGNITIVE MANIPULATION CHECK

How controllable do you think the previous rape was?
 (1 = Not as All Controllable, 9 = Extremely Controllable)

Analysis of Variance (Interview 1)

SOURCE	SS	DF	MS	F-RATIO	P
COGNITIVE	839.902	1	839.902	278.168	0.001
ERROR	480.086	159	3.019		

Analysis of Variance (Interview 2)

SOURCE	SS	DF	MS	F-RATIO	P
COGNITIVE	1556.810	1	1556.810	696.098	0.001
ERROR	355.600	159	2.236		

Analysis of Variance (Interview 3)

SOURCE	SS	DF	MS	F-RATIO	P
COGNITIVE	816.849	1	816.849	232.227	0.001
ERROR	559.275	159	3.517		

The Rape Fact Sheet presented the picture of rape as being:
 Very-Somewhat-Slightly-Not at All Controllable

Analysis of Variance

SOURCE	SS	DF	MS	F-RATIO	P
COGNITIVE	186.346	1	186.346	425.529	0.001
ERROR	69.629	159	0.438		

control the use of their headsets. One-way analysis of variance was performed on this item showed a significant effect for physical condition ($F(1,106) = 357.558, p < .001$). As predicted, HPC women reporting significantly more control over their headsets.

Cover story check. In addition to checking the effects of the operationalizations of specific independent variables (i.e., pamphlet content and headset directions manipulation checks), a general cover story manipulation check was also conducted. After completing their Answer Packets, subjects were given the opportunity to request a copy of the final version of the rape pamphlet by filling out a request form. A high percentage of subjects from both cognitive conditions (HCC = 72.67%; LCC = 71.63%) completed this form. Since these two percentages were not significantly different, it is likely that subjects tended to believe the cover story equally well.

Main Dependent Variables

Control (general). Three questions were designed to tap subjects' perceptions of rape controllability for women in general. The first item asked subjects to indicate how often a woman could avoid being raped if she really tried. Supporting the hypothesis, a significant main effect was found for cognitive condition ($F(1,155) = 205.763, p < .001$), with LCC subjects indicating that women were much less likely to avoid such an attack.

The second item asked subjects to indicate how much control women have over rape. Again, as predicted, a significant main effect was found for cognitive condition ($F(1,155) = 231.156, p < .001$), with LCC subjects believing women had very little control over rape.

The third item asked subjects to indicate how much a woman could do to avoid being raped or sexually assaulted. As predicted, a significant interaction was found ($F(2,155) = 3.397, p < .05$). Simple main effects tests revealed that LCC women were unaffected by physical condition ($F(2,76) = 2.836, p < .065$), while HCC women were affected ($F(2,79) = 5.056, p < .05$). Simple comparisons revealed that among HCC women, those receiving no music indicated significantly lower control levels than those receiving the HPC manipulation (See Figure 1). While a main effect for music condition was found, it was subsumed under the interaction.

Control (personal). One question assessed how likely subjects thought they could avoid rape if confronted by the typical rape attempt. Confirming the hypothesis, main effects for cognitive condition were found ($F(1,155) = 55.820, p < .001$), with women in the low cognitive condition reporting they feel less able to avoid rape when confronted with the typical attempt.

Risk (personal). Two items tapping feelings of personal risk of rape resulted in significant differences. The first item asked subjects to imagine walking down the street at

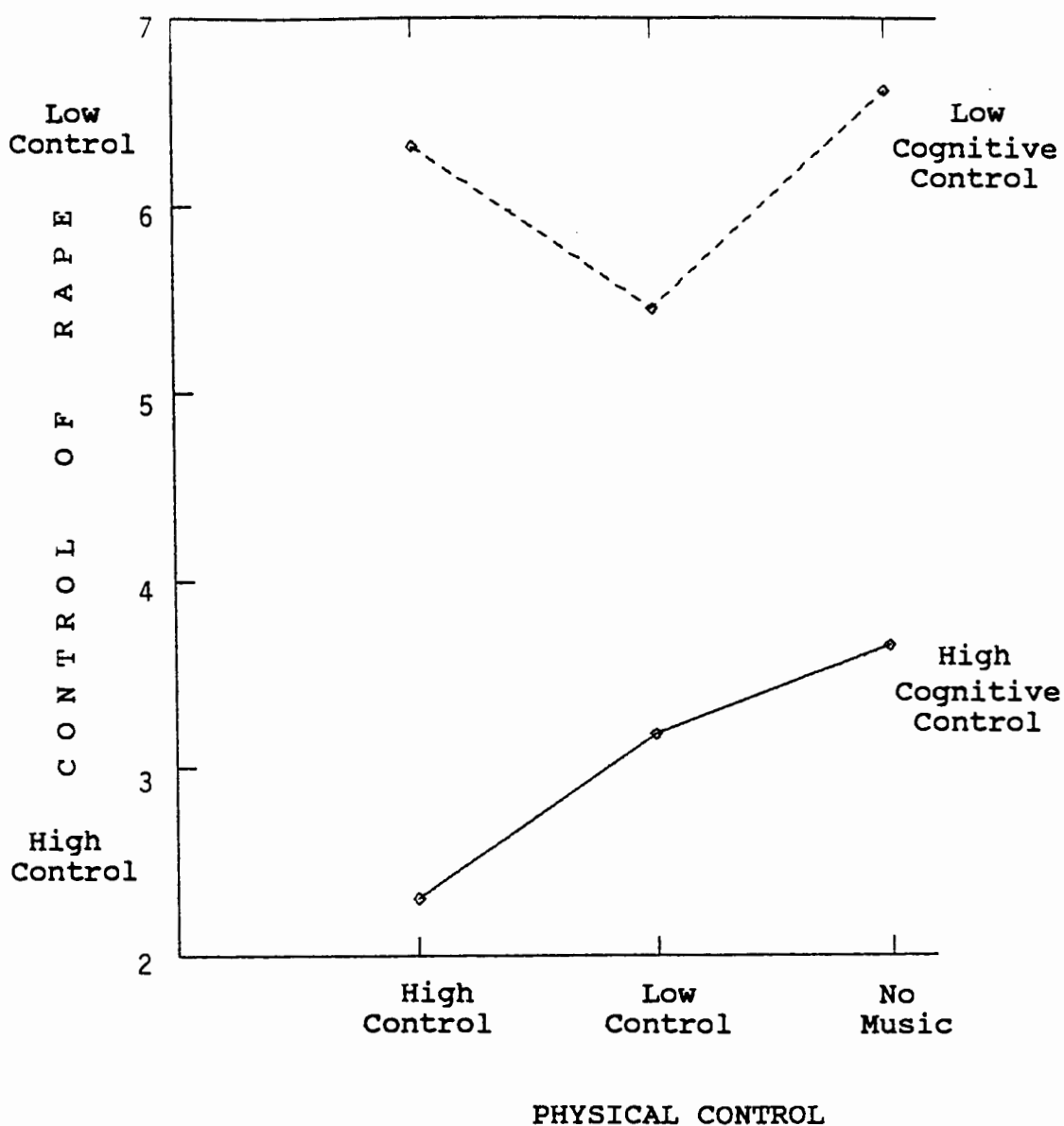


Fig. 1. Mean perceived rape controllability for women in general as a function of perceived physical control and perceived cognitive control.

night. Supporting the hypothesis, a main effect was found for cognitive condition ($F(1,155) = 7.948, p < .05$) with LCC women feeling more at risk. Contrary to predictions, neither main effect for physical condition nor the interaction was statistically significant.

Subjects were also asked to imagine being home alone at night. Again, confirming the a priori hypothesis, a main effect was found ($F(1,155) = 13.132, p < .001$) with LCC women feeling more at risk. Contrary to what was predicted, neither main effect for physical condition nor the interaction were statistically significant.

Anxiety (personal). Two of the five items tapping feelings of personal anxiety resulted in significant findings. The first item asked subjects to imagine being home alone at night. A main effect was found for cognitive condition ($F(1,155) = 6.426, p < .05$) in the expected direction with LCC women feeling considerably more anxious. However, significant differences were neither found for physical condition nor for the interaction.

Subjects were also asked to imagine meeting a stranger at a party. A main effect was found for cognitive condition ($F(1,2) = 3.927, p < .05$), with LCC feeling considerably less anxious, supporting the hypothesis. Again, contrary to predictions, physical main effect and interaction did not reach significance.

Fear (general). One item assessed subjects' perceptions

of fear for women in general. Subjects indicated whether women would be more or less fearful after reading the contents of their pamphlet. As predicted, a main effect for cognitive condition ($F(1,155) = 19.937, p < .001$) was found, indicating that LCC subjects expected women to be more fearful after reading their pamphlet. Disconfirming the hypothesis, no significant differences were found for either physical condition or the interaction.

Fear (personal). Two of the three items tapping feelings of personal fear resulted in significant findings. Subjects were asked to indicate how fearful they would be if they had to walk home alone tonight. As predicted, a main effect was found for cognitive condition ($F(1,2) = 11.292, p < .001$) with LCC feeling considerably more fearful. Again, the main effect for physical condition and the interaction did not reach significance.

The second item asked subjects how fearful they will be the next time they are home alone after dark. Again, a main effect for cognitive condition ($F(1,2) = 25.268, p < .001$) was found in the expected direction with LCC feeling considerable more fearful. The main effect for physical condition and the interaction did not reach significance.

CHAPTER IV

DISCUSSION

This study presents a relatively cohesive picture of the effects of varying perceptions of rape controllability. Women hesitate to state that they may be more personally at risk or more personally fearful of a rape encounter than the average woman even when presented with information portraying the typical rape encounter as random and uncontrollable. Consistent with Heath's (1980) findings, women in this study were not inclined to mark extreme scores on items tapping personal perceptions of fear and risk which also included the word "rape." For example, subjects did not differ in their responses to questions such as, "What do you think the chances are that someone would try to rape you?", "How likely, compared to the average woman, do you think you are to be raped?", and "When you now go out alone after dark, how afraid will you be of being raped?" It seems as if the word "rape" serves as a prod for subjects to give "average" responses.

However, one item did not conform to the above pattern. Significant differences for cognitive condition were found for the item, "How likely do you think you could avoid rape if confronted by the typical rape attempt?" While this item

taps personal perceptions and contains a direct reference to "rape," it does not attempt to assess personal fear or risk. This item taps perceptions of personal control and can therefore be considered to be in closest alignment with the manipulation itself.

Subjects did change their perceptions of fear for women in general after reading the pamphlets. Participants receiving the low control and therefore "scary" manipulation reported that women should be more fearful of rape after reading the information presented to them. Again, this is consistent with Heath's (1980) findings. It appears that women feel much more comfortable expressing negative emotion on behalf of their main social group (i.e., women in general), yet feel psychologically unsettled about labeling oneself as more or less fearful or at risk than their reference group as a whole.

This study expands both Heath's (1980) and Heath and Davidson's (1988) findings in one major aspect. Unlike these previous studies, the current study included risk items that did not contain a direct reference to the rape event. For example, subjects were asked to indicate whether they would feel more at risk, less at risk, or experience no change in risk when imagining themselves in specific situations. While women in these earlier studies did not report significant differences with respect to subjective risk assessments regarding rape, women in the present study

reported feeling more personally at risk for two items after reading scary (i.e., low control) pamphlets. After reading pamphlets describing rape events as occurring "anywhere, anytime, and anyplace," women stated that they would now feel more personally at risk when walking down the street at night and when home alone at night. While both items avoid the use of the word "rape," they also share an additional similarity. Interestingly, both items contain references to "after dark" scenarios. Other items, also avoiding direct reference to the rape event, did not specify night events and did not result in significant differences (e.g., being alone with a repairman). Perhaps hypothetical "daytime" scenarios are deemed so safe by subjects that associated risk perceptions have little need for change.

This unique finding may reveal a need for more sensitive items differentiating general "risk" assessments from explicit "risk of rape" assessments. Although women are leary of indicating that they perceive themselves as different from their gender group for items directly mentioning the word "rape," (Heath, 1980; Heath & Davidson, 1988), women seem less inclined to choose moderate risk responses when the word "rape" is omitted. Unlike the previous findings, women reading scary materials now claim to feel more at risk, especially at night. Interestingly, the location of the potential attack is less relevant than the time of day. Women reported perceptions of higher risk

(at night) whether they imagined themselves walking down the street or sitting in their homes.

The physical manipulation (i.e., control over the use of headsets) had an effect for one of the three items assessing subjects' perceptions of rape controllability for women in general. Answers to the question, "How much can a woman do to avoid being raped or sexually assaulted?" revealed that although women receiving the "scary" pamphlet were unaffected by the headset manipulation, women presented with controllable rape information were affected. Classical music had a calming effect, especially for women given control over their headsets while reading high control pamphlets. In particular, women with personal control over their headsets reported much higher perceptions of control than women receiving the no music manipulation. Typical responses of women in this condition to the music manipulation included, "[The music] was relaxing because I wasn't distracted by other things," "[The music] helped me focus on what I was doing," and "Once I started tuning out the static, the music did help." In this particular condition, women were presented with a "doubly controllable" manipulation involving control over both the immediate environment and the world outside their experimental room.

However, given that this pattern did not replicate with other variables, one must interpret these results with caution. Perhaps control over headset usage did not serve

as an adequate operationalization of perceived control over one's immediate, physical environment. Stronger operationalizations might produce the intended effect. For example, following Glass and Singer's (1973) research, one might manipulate aversive noises in the experimental setting by using "unexpected" alarms, "faulty" equipment, or noxious odors. Other possibilities might include perceptions of control over lighting, heating, or one's proximity to other subjects. While these operationalizations may be more powerful and direct, the challenge to future researchers involves incorporating such a manipulation into a cover story so it is believable in conjunction with the pamphlet manipulation.

Three methodological considerations must also be addressed. First, because each testing session contained subjects from only one particular condition, random assignment occurred at the group, not the subject, level. For example, groups of friends or classmates may have signed up for the experimental session together, thus creating different subgroups of homogeneous subjects in each condition. Shaughnessy and Zechmeister (1994) warn researchers of the validity threats associated with intact groups. Secondly, local history is a potential threat to internal validity, even in true experiments (Shaughnessy & Zechmeister, 1994). This threat is particularly troublesome when experimental sessions contain just one condition.

Fortunately, because the author was the primary experimenter for each session, she was alert to local history problems, and no unusual circumstances regarding the procedure or the setting were observed. Thus, this threat is less plausible. Lastly, because verbal directions regarding headset usage comprised the physical manipulation, the experimenter was not blind to the experimental conditions of the subjects. One must therefore be cautious of potential experimenter effects and expectancies (Cook & Campbell, 1979).

"Have we gone from blaming victims to terrifying nonvictims?" (Heath & Davidson, 1988, p.1336). Indeed, these researchers proposed an intriguing question to their readers regarding their findings that the popular rape dictum may have negative psychological side effects. There are important implications associated with this possibility. As Heath and Davidson have demonstrated, women who adopt and incorporate the uncontrollable version of rape into their working schema of rape may be less likely to engage in rape-preventative behaviors (e.g., carrying a whistle, locking windows, checking credentials of repairmen). Incorporating this study's findings with those of Heath and Davidson, women today may be faced with unrealistic risk assessments in addition to unnecessary fear levels. More sensitive items regarding subjective probabilities were included in the present study (i.e., items including and omitting direct references to "rape"), and changes in perceived risk were

obtained. This study helps solve the puzzle as to whether risk assessments are indeed related to perceptions of rape controllability. Future research can investigate the effects of perceived risk and fear on daily behavior. For example, if women who believe rape is random also feel fearful and vulnerable, normal daily activities (e.g., walking to the bus) may become thwarted.

This form of rape controllability manipulations (pamphlets) has been given to women in the 1970s, 1980s, and now the 1990s. Since Heath's (1980) finding virtually two decades ago, information portraying rape as random and uncontrollable and depicting women as equally likely to become victims has continued to be infiltrated into our schools, community service centers, and society at large. Even though the initial intention of women's right activists was to prevent victim-blaming, unintended negative side effects may also be fostered. The "anytime, anywhere, any man" message not only results in higher perceived risk for women in general, but, as this research demonstrates, also causes heightened personal risk. Women may feel at high risk of rape despite the fact that they are not partaking in risky behaviors. Perceived risks are not without costs. As Heath and Davidson (1988) have demonstrated, high fear and risk levels often result in fewer self-protective behaviors. Future research should investigate fully the relationship between perceived risk, fear, and protective strategies.

Victim-blaming must be eradicated, but not at the expense of elevating fear and perceived risk levels of nonvictims.

APPENDIX A
GENERAL OPENING VERBAL INSTRUCTIONS

General Opening Verbal Instructions

I'd first like to thank you for participating in this study. This is a actually special study. It is probably not like other experimental sessions you've been attending this semester. It's different because your input hopefully will directly help women in this neighborhood.

You may have noticed that there are no men here tonight. There's a reason for that. My research team has been asked by the Rogers Park community to create a rape pamphlet for women in this area. This pamphlet will contain information concerning the real facts about rape, since TV myths exist and distort the truth. Right now we are close to the final version of our pamphlet and we thought it would be a good idea to have some Loyola women take a look at its contents before taking it to press.

I'm now going to pass out two booklets to each of you. The first booklet is entitled "Pamphlet-in-Progress." Please do not write in this. The second booklet is entitled "Answer Packet." It is in here where you will give us all of your feedback and recommendations.

OK, your first task will be to help us pick out the cover design. In a moment you will be asked to open to the first page of your Pamphlet-in-Progress booklet and help us choose our pamphlet design cover. At that time, please read the information carefully and feel free to ask any questions

at any time.

OK, there's one more thing. You may be wondering why you're in a language lab for this project. Well, we started this project last year and found that some Loyola women reading our pamphlet were getting distracted from both outside noises in the hallways and from actually reading about the topic of rape itself. I don't know if any of you have covered this in your psychology class yet, but music has been used to help all kind of people concentrate and focus. For example, a researcher named Stanley (1991) has recently demonstrated that some nurses use music to calm low-birthweight babies. Another researcher, Russell (1992), has shown that background music helps "stressed-out" college students relax. Because the topic of rape is unpleasant, our research team has decided to start using music through these headsets. We hope this will help you really focus and concentrate.

APPENDIX B
HIGH PHYSICAL CONTROL MANIPULATION

High Physical Control Manipulation

Unfortunately, we have been having some problems with our headphones. From time to time you may hear static or other interferences coming through your sets. We apologize in advance for these possible distractions.

If these noises are bothersome you may remove your headsets. However, several subjects the past few weeks have already chosen to remove their headphones and we would like to have more subjects who choose the music. We would appreciate if you did not remove them, but the choice is entirely up to you.

APPENDIX C
LOW PHYSICAL CONTROL MANIPULATION

Low Physical Control Manipulation

Unfortunately, we have been having some problems with our headphones. From time to time you may hear static or other interferences coming through your sets. We apologize in advance for these possible distractions.

Even though these noises may be potentially bothersome, please do not remove your headsets. Several subjects the past few weeks have already chosen to remove their headphones and we would like to have more subjects who use the music. Thank you for leaving your headsets on.

APPENDIX D

HIGH COGNITIVE CONTROL MANIPULATION

PAMPHLET-IN-PROGRESS

Rape Interview Project

Pamphlet Cover Evaluation Instructions

Before reading and evaluating the contents of our pamphlet, please take two or three minutes to evaluate some pamphlet covers we have created. We have narrowed our cover choices down to three design options. Please look carefully at each of the cover possibilities found on the following pages. Then, please answer the questions concerning these designs found on Page #1 in your Answer Packet. Thank you.

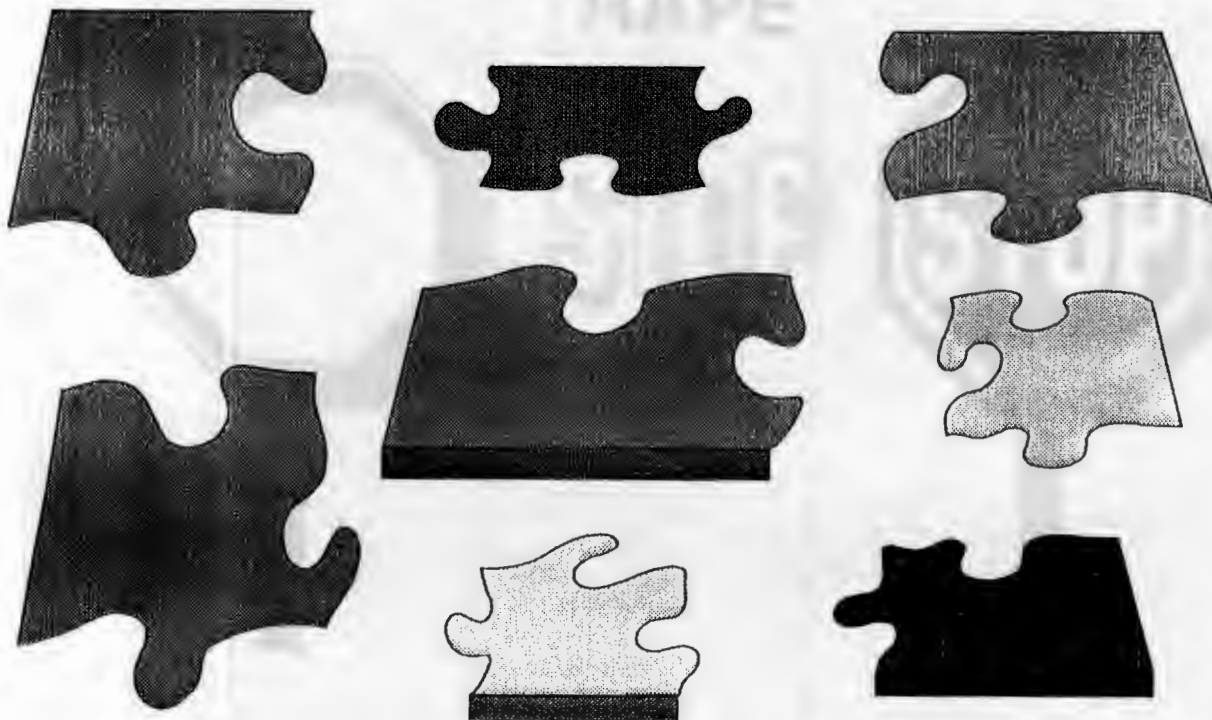
THE REAL STORY: Separating Rape Fact and Fiction

A

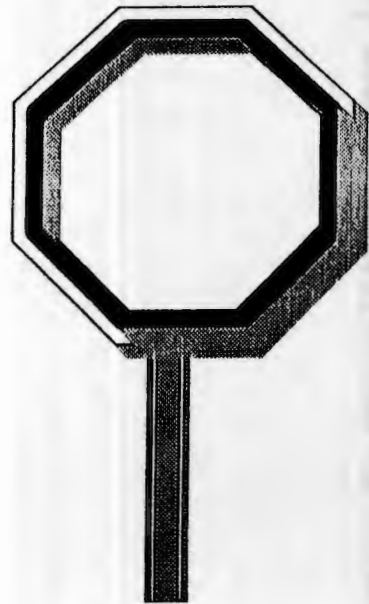


2

RAPE: Putting the Pieces Together



Getting the Signals Straight: What You Should Know About RAPE



STOP



c

4

NOTICE TO PARTICIPANTS: Please follow directions
carefully as you move through the pamphlet material.

We greatly appreciate your focused attention.

Please turn the page and begin reading the instructions...

We are asking your help in developing a pamphlet to be used as a vehicle for transmitting our research findings to the general population. Over the past year we have conducted in-depth interviews with 100 rape victims in Chicago, Denver, and Atlanta, in the hope that by understanding the circumstances which surround the rape situation we could better understand how to prevent rape. Our research findings definitely point out the degree of misunderstanding and misinformation which surround this crime.

Most people's understanding of the typical rape is based on television and newspaper accounts of rapes. Consequently, people generally think of rape as something which is totally random, chaotic, and unavoidable, when, in fact, from our interviews with rape victims it is clear that there are many things (beyond locking herself inside) which a woman can do to lessen the chance that she will be a victim. Although a few rape situations are totally unavoidable, the majority of rapes can be prevented by exercising healthy suspicion and care in dealing with men whom one does not know well.

The typical rape situation is one in which a woman has let herself be maneuvered into a private situation with a man (or men) whom she does not know well. A common assumption (and, let us stress, a common faulty assumption) is that rapists are always total strangers to the women whom they attack. In fact, in the majority of cases, the rapist is at least slightly acquainted with the victim--through a class or professionally, through common friends, or through a brief acquaintanceship. Another common faulty assumption is that most rapes occur out on the streets when a woman is unable to avoid or escape her attacker. Most rapes occur in homes, often in the home of the victim or the attacker. The rapists who attack women in their homes usually entered through the door and by invitation--perhaps as a janitor, a repairman, or a new "friend."

In summary, then, our research shows most women believe rape to be much more uncontrollable than it in fact is. The typical rape situation (that is to say, most rape situations) are ones which a woman can avoid by not allowing herself to be manipulated into isolated, vulnerable situations with men whom she doesn't know well. We feel women need to know the facts of rape, and therefore we are asking your help in making this pamphlet as clear and informative as possible.

Continues on next page...

We feel that women are basing their strategies for avoiding rape on inaccurate information and we hope that our pamphlet will correct this problem. In order for our pamphlet to be effective in presenting the true picture of rape, we need to present our findings clearly and convincingly. Therefore, we would like you to read portions we are considering using for our pamphlet and to let us know which ones would most clearly and convincingly present our research findings to a woman similar to yourself. We are aware that different wordings and examples might be more convincing to different groups of women, and that we might have to prepare two or even three versions of the pamphlet to reach different groups. Consequently, we do not want you to respond as you think the average woman would but as you would. We believe it is important that women base their defensive strategies on the true nature of rape rather than on the media-hype version of this extremely serious crime.

Should you care to receive a copy of the pamphlet which results from these efforts, please fill out the form found on the last page of your Answer Packet and separate it from the rest of your booklet. A copy of the pamphlet will be mailed to you as soon as they are available (about six months). Thank you for your cooperation in this effort.

Faculty and Staff

Rape Interview Project

PLEASE TURN THE PAGE...

Interview Rating Directions

One of the main purposes of our pamphlet is to allow the victims to describe what an actual rape is like in order to dispel some of the prevalent myths about rape in our society. While no one rape situation can be representative of all rapes, from our interviews with 100 rape victims we have uncovered patterns and commonalities among rapes. The following interviews have been judged by our staff to be as representative as possible of the overall tone of rape. We now need to find out how other women respond to these interviews. Please read each interview carefully and then complete the corresponding page in your Answer Packet before moving on to the next interview. Following all three interviews are some general questions about the interviews, asking you to make comparisons and rankings among the interviews. Please be as complete and accurate as possible.

The names and other identifying pieces information in the interviews have been changed to protect the victims' privacy.

PLEASE TURN THE PAGE...

Interview #1

I was raped when I was 20, and looking back it seems like I've learned an awful lot about the world in the past year. I had just moved into an apartment with a friend of mine, and we were both really excited about having our own place and being out on our own. We decided to celebrate our newfound freedom by going out to one of the local singles bar (or meat-markets, as they're often called) for the evening.

We settled into the Sarene about 8:30, and right away I spotted this really good-looking guy. I mean, he really stood out. This guy was checking me out too, and I was being very cool, not wanting to blow my chance with this guy. After the proper amount of subtle eye contact, this guy came up and started talking to me. We chatted for a bit and then Mike suggested we go to his place a couple of blocks away so we could be more comfortable. I agreed because the bar was quite noisy and smokey, and besides, I was looking forward to getting to know him better. We left the bar a little after nine and walked to his apartment. We had a drink and sat around talking and I was sort of spacing out when all of a sudden Mike picks up a pillow and puts it over my face--not trying to suffocate me but I guess just to keep me from screaming. Then he said, "I have a knife and if you scream I'll cut you up." Although I never saw the knife, like I was plenty willing to take his word for it. So I said, "Mike, what in the hell do you think you're doing?" And he said, "Just give me what I want and you won't get hurt." Well, what he wanted was the kinky kind of stuff men usually have to pay for. I mean, there was nothing sexy or tender about it. Just really rough and degrading. And he kept making me say all sorts of really filthy stuff while this was going on. Really freaked me out. Finally he finished and said if I told anyone he'd slit my throat. Well, I got out of there as fast as I could and never went back to that bar again.

PLEASE COMPLETE PAGE #2 IN YOUR

ANSWER PACKET NOW...

Interview #2

This happened about two years ago, and I still get really upset whenever I talk about it. It was a Tuesday afternoon, and I was on my way home from history class. I was in a really good mood because the sun was shining and the ground was just beginning to thaw and I was so glad spring was finally coming. I was hitchhiking to my apartment (which I always did) and this green van with three guys pulled up and offered me a ride. They drove off in the opposite direction I was going, so I asked where we were going. They said since it was such a nice day, they wanted to stop by one of their apartments and celebrate with a few beers. I didn't have anymore classes that day, so I said fine, sure. We got to the apartment and as soon as we got inside one of the guys pulled a gun and said if I didn't cooperate he'd shoot me. So he held the gun while one of the other guys raped me. Then the other guy raped me. I was crying and begging them to stop, but that seemed to make them enjoy it more. Then the guy holding the gun, as he put it, "took his turn." Then they started the whole thing over again. I was really hysterical and in pain and wanted to vomit. This whole thing went on for about five hours, when they stuffed me back in the van and dumped me out on I-70. Amazingly, a police car came along in about five minutes and they took me to the hospital. I had cuts and bruises and my vagina was lacerated. Also, I had kidney damage, which I still have to take medicine for. The whole thing still seems like a nightmare. For a long time, I was afraid even to go out of the house.

PLEASE COMPLETE PAGE #3 IN

YOUR ANSWER PACKET NOW...

Interview #3

Since I was raped about six months ago, I've just had this generalized anger toward men. I just get furious when I'm walking down the street and some guy makes a lewd comment or gesture. I really don't know what to do about the hatred I feel welling up inside.

I was raped in my home, which I think makes it worse--I just can't escape the feeling that my home was invaded by someone who had absolutely no right to do so. I had seen this ad in the paper that said an artist needed a model for sculpture work. I figured if it was sculpture it'd mean nude modeling, but that didn't bother me, so I called the number, and the guy said he needed someone about six hours a week for ten dollars an hour. Well, that sounded really good, so I asked him where his studio was so we could talk more about it. He said he shared a studio with a bunch of other people, and since he needed the model by his next studio time (a couple of days away), it's best if we talked at my place to get things set up. That seemed reasonable, and my place seemed a better choice than his place, so we set up an appointment for 10 the next morning. When he showed up he had this other guy with him, whom he said was another artist who needed a model and might be interested in hiring me. They came in and we sat in the kitchen for a while and talked about what sort of sculpture they'd be doing, and sure enough, it was a nude. Well, pretty soon they said they of course needed to see me nude to see if I was the right type for their work. I felt sort of funny about it, but I went into the bedroom to undress and put on my robe. One of the guys came into the bedroom and grabbed me, and the other one walked in and stood about four feet away and said, "You know, that's a really nice set of knives you have in the kitchen. I happen to have a butcher knife here, and if you scream or make a wrong move, we'll get to see how well this knife can cut." Jesus, I almost died. I just started saying, "Don't hurt me. I'll do anything you want." And I did. I'd rather not go into the details--it's too gruesome. They were there for about two hours. After they left I called the police, though they'd told me they would come back and kill me if I did. I figured they might come back and kill me anyway, and I'd be better off with police in my apartment. Also, I was so damn mad I just wanted to see them strung up. They caught the two men, but they're out on bail pending trial. I don't feel exactly safe, but what are my alternatives? I've moved--I just couldn't stand to be in that apartment anymore--and I don't think they can get my new address. At least, the only way I can cope is by assuming they can't find me.

PLEASE COMPLETE PAGE #4 NOW...

Rape Fact Sheet Directions

Please read the following sheet as you would a page in a pamphlet and then respond to the questions found on Page #6 in your Answer Packet. Thank you.

PLEASE TURN THE PAGE...

Rape Fact SheetMYTH

Rapists and their victims
are usually total strangers

Most rapes occur outside in
indeserted areas

Most rapists who rape women
the in their homes crawl in
through a window

Most rapists are armed with a
gun or a knife

Rapists are usually big
burley macho types

Most rapes show up in
official statistics

There's not much a woman can
do to avoid being raped

FACT

Rapists usually know the
women they rape. The
most common relationship
between rapist and
victim is that of a date

Most rapes occur in cars
either resulting from
dating or a hitchhiking
situation

Most rapists who enter
victims' home do so
through the door and
also by invitation

90% of the rapists in a
recent study were
unarmed

Though rapists vary in
size, the average rapist
is fairly short and of
slight build

In a recent study, 70%
of rapes were not
reported to the police

Women can actually
exercise a great deal of
control over the rape
situation

PLEASE TURN TO PAGE #6 IN
YOUR ANSWER PACKET NOW...

APPENDIX E
LOW COGNITIVE CONTROL MANIPULATION

PAMPHLET-IN-PROGRESS

Rape Interview Project

Pamphlet Cover Evaluation Instructions

Before reading and evaluating the contents of our pamphlet, please take two or three minutes to evaluate some pamphlet covers we have created. We have narrowed our cover choices down to three design options. Please look carefully at each of the cover possibilities found on the following pages. Then, please answer the questions concerning these designs found on Page #1 in your Answer Packet. Thank you.

THE REAL STORY: Separating Rape Fact and Fiction



A

2

RAPE: Putting the Pieces Together

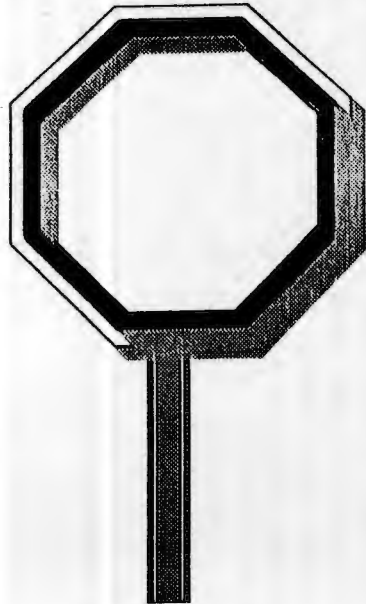
B



3

Getting the Signals Straight: What You Should Know About RAPE

c



STOP



4

NOTICE TO PARTICIPANTS: Please follow directions
carefully as you move through the pamphlet material.

We greatly appreciate your focused attention.

Please turn the page and begin reading the instructions...

Instructions to Respondents:

We are asking your help in developing a pamphlet to be used as a vehicle for transmitting our research findings to the general population. Over the past year we have conducted in-depth interviews with 100 rape victims in Chicago, Denver, and Atlanta, in hope that by understanding the circumstances which surround the rape situation we could better understand how to prevent rape. Our research findings definitely point out the degree of misunderstanding and misinformation which surround this crime.

Most people's understanding of the typical rape is based on television and newspaper accounts of rapes. Consequently, people generally think of rape as something brought on or at least contributed to by the victim, when, in fact, from our interviews with rape victims it is clear that in most cases the victim in no way contributed to her victimization. Although some rapes are avoidable, the majority of rapes could not have been prevented with any amount of caution or protective strategies short of locking oneself inside at all times.

The typical rape situation is one in which a woman is maneuvered into a vulnerable position by a man who then attacks her. A common assumption (and, let us stress, a common faulty assumption) is that rapists are actually lovers or boyfriends who have spurned the woman's attentions. In fact, in the majority of cases, the rapist is a total stranger to the victim he attacks, with the choice of victim depending solely on who walks down the street next. Another common faulty assumption is that most rapes occur in populated areas where a woman could avoid the rape simply by screaming for help. Most rapes occur in deserted areas or inside garages, homes, or other structures which muffle the victim's cries for help. And even when bystanders do hear the victims' cries, often they assume that someone is joking around or they convince themselves that they really heard nothing.

In summary, then, our research shows that most women believe rape to be much more under a woman's control than it in fact is. The typical rape situation (that is to say, most rape situations) are not ones which women are responsible for or ones which most women can or should be expected to avoid. Rapes can happen anywhere, anytime, to anyone. We feel women need to know the facts of rape, and therefore we are asking your help in making this pamphlet as clear and informative as possible.

Continues on next page...

We feel that women are basing their strategies for avoiding rape on inaccurate information and we hope that our pamphlet will correct this problem. In order for our pamphlet to be effective in presenting the true picture of rape, we need to present our findings clearly and convincingly. Therefore, we would like you to read portions we are considering using for our pamphlet and to let us know which ones would most clearly and convincingly present our research findings to a woman similar to yourself. We are aware that different wordings and examples might be more convincing to different groups of women, and that we might have to prepare two or even three versions of the pamphlet to reach different groups. Consequently, we do not want you to respond as you think the average woman would but as you would. We believe it is important that women base their defensive strategies on the true nature of rape rather than on the media-hype version of this extremely serious crime.

Should you care to receive a copy of the pamphlet which results from these efforts, please fill out the form found on the last page of your Answer Packet and separate it from the rest of your booklet. A copy of the pamphlet will be mailed to you as soon as they are available (about six months). Thank you for your cooperation in this effort.

Faculty and Staff

Rape Interview Project

PLEASE TURN THE PAGE...

Interview Rating Directions

One of the main purposes of our pamphlet is to allow the victims to describe what an actual rape is like in order to dispel some of the prevalent myths about rape in our society. While no one rape situation can be representative of all rapes, from our interviews with 100 rape victims we have uncovered patterns and commonalities among rapes. The following interviews have been judged by our staff to be as representative as possible of the overall tone of rape. We now need to find out how other women respond to these interviews. Please read each interview carefully and then complete the corresponding page in your Answer Packet before moving on to the next interview. Following all three interviews are some general questions about the interviews, asking you to make comparisons and rankings among the interviews. Please be as complete and accurate as possible.

The names and other identifying pieces information in the interviews have been changed to protect the victims' privacy.

PLEASE TURN THE PAGE...

Interview #1

I was raped when I was 20, and looking back it seems like I've learned an awful lot about the world in the past year. I had just moved into an apartment with a friend of mine and we were both really excited about having our place and being out on our own. We found a fairly nice place for the money, and it seemed really safe and all. I mean, it was on the third floor and none of the windows faced porches or balconies and there was a double lock on the door. You know, we thought it was really safe. Oh yeah, the janitor lived right in the building, which we thought would make it safer. Boy, did we call that one wrong. The janitor (Mike) was really strange. He was about 25 and very mellow, as he'd be the first to tell you. He said he was working as a janitor until he could get his head together and "decide where it was at." Anyway, my roommate Julie and I would just sort of ignore him when he came around and wanted to chat and he'd go away. We never thought about the fact that he had keys to our apartment.

Anyway, the night I was raped, Julie had gone home for the weekend. It was about 11 o'clock on a Saturday night, and I had stayed in to study and then gone to bed early. See, my boyfriend goes to school in Michigan, so I don't go out a whole lot on the weekends. Anyway, all of a sudden I feel something over my face, and I come out of my sleepy daze to realize this guy's holding a pillow over my face--not trying to suffocate me but I guess just to keep me from screaming. Then I hear this guy say, "I have a knife and if you scream I'll cut you up." I realized it was the voice of my janitor, and although I never saw the knife, like I was plenty willing to take his word for it. So I said, "Mike, what in the hell do you think you're doing?" And he said, "Just give me what I want and you won't get hurt." Well, what he wanted was the kinky kind of stuff men usually have to pay for. I mean, there was nothing sexy or tender about it. Just really rough, degrading. And he kept making me say all sorts of really filthy stuff while this was going on. Really freaked me out. Finally he finished and said if I told anyone he'd come back and slit my throat. Well, the next day I bought the biggest chain for the door you've ever seen, and about a week later I moved.

PLEASE COMPLETE PAGE #2 IN

YOUR ANSWER PACKET NOW...

Interview #2

This happened about two years ago, and I still get really upset whenever I talk about it. It was Tuesday morning and I was hurrying around getting ready to go to my 10 o'clock history class. I was in a really good mood because the sun was shining and the ground was beginning to thaw and I was so glad spring was finally coming. I walked out the front door of my apartment building, and I'm still not exactly sure what happened, but the next thing I know I'm being dragged down the sidewalk by these two guys and shoved into a green van. There was a third guy at the driver's wheel and the van took off. I'm not sure where we went or even what direction, but one of the guys had a gun and he said if I didn't cooperate, he'd shoot me. So he held the gun while the other guy in the back raped me. Then they changed places. I was crying and begged them to stop, but that seemed to make them enjoy it more. Then they pulled the van over way out in the country somewhere--I guess we had been on a highway or freeway or something--and the driver came back and, as he put it, "took his turn." Then they started the whole thing over again. I was really hysterical and in pain and wanted to vomit. This whole thing went on until about 3 that afternoon when they dumped me out of the van out on I-70. Amazingly, a police car came along in about five minutes and they took me to the hospital. I had cuts and bruises and my vagina was lacerated. Also, I had kidney damage, which I still have to take medicine for. The whole thing still seems like a nightmare. For a long time, I was afraid even to go out of the house.

PLEASE COMPLETE PAGE #3 IN
YOUR ANSWER PACKET NOW...

Interview #3

Since I was raped about six months ago, I've just had this generalized anger toward men. I just get furious when I'm walking down the street and some guy makes a lewd comment or gesture. I really don't know what to do about the hatred I feel welling up inside.

I was raped in my home, which I think makes it worse--I just can't escape the feeling that my home was invaded by someone who had absolutely no right to do so. I had been at a friend's house for dinner that night and then we sat around and talked for a while. I guess it was about 9 o'clock when my friend took me home. It really wasn't that late. I unlocked the door and walked into my apartment and immediately I had this sixth sense feeling that something was different. I went into the bedroom and this man jumped out and grabbed me. There was a second man standing about four feet away, and he said, "You know, that's a really nice set of knives you have in the kitchen. I happen to have the butcher knife here, and if you scream or make a wrong move, we'll get to see how well this knife can cut." Jesus, I almost died. I just started saying, "Don't hurt me. I'll do anything you want." And I did. I'd rather not go into the details--it's too gruesome. They were there for about two hours. After they left I called the police, though they'd told me they would come back and kill me if I did. I figured they might come back and kill me anyway, and I'd be better off with police in my apartment. Also, I was so damn mad I just wanted to see them strung up. They caught the two men, but they're out on bail pending trial. I don't feel exactly safe, but what are my alternatives? I've moved--I just couldn't stand to be in that apartment anymore--and I don't think they can get my new address. At least, the only way I can cope is by assuming they can't find me.

PLEASE COMPLETE PAGE #4 IN
YOUR ANSWER PACKET NOW...

Rape Fact Sheet Directions

Please read the following sheet as you would a page in a pamphlet and then respond to the questions found on Page #6 in your Answer Packet. Thank you.

PLEASE TURN THE PAGE...

Rape Fact SheetMYTHFACT

"Rapists" are usually friends about whom a woman changed her mind after having intercourse

In the majority of the cases in a recent study, the rapist and the victim had never see each other before

Women who get raped are usually out alone late at or hitchhiking

The most common place for a rape to occur is in a woman's own home

Rapists get into a woman's homes because women don't lock their doors and windows

Most rapists either pick the door lock or enter through windows--even second floor ones!

Most rapists are unarmed

90% of the rapists in a recent study were armed with a gun or a knife

Rapists are little, puny men

Though rapists vary in size, the average rapists is fairly tall and heavy-set

Most rapes show up in official statistics

In a recent study, 70% of the rapes were not reported to the police

A woman can avoid being raped if she really tries

Most rape situations are ones over which the average woman can exert little control

PLEASE TURN TO PAGE #6 IN
YOUR ANSWER PACKET NOW...

APPENDIX F
SUBJECT RESPONSE PACKET

ANSWER PACKET

Rape Interview Project

Pamphlet Cover Rating Form

After analyzing the three pamphlet covers, please answer the following questions.

- (1) Note which cover caught your attention the most. (Circle one)

A B C

- (2) Again compare the covers and rank the order in which they gain your attention. (1=Gets attention most; 3=Gets attention least)

_____ A

_____ B

_____ C

- (3) Again study the covers and rank the order in which you would be likely to take that pamphlet from a rack containing several different pamphlets. (1=Most likely to take it; 3=Least likely to take it)

_____ A

_____ B

_____ C

- (4) Now rank the covers for the likelihood that you would take that pamphlet from a table (without any pamphlets around). (1=Most likely to take it; 3=Least likely to take it)

_____ A

_____ B

_____ C

NOW TURN TO PAGE #5 IN YOUR

PAMPHLET-IN-PROGRESS BOOKLET...

- (1) How clear was the previous interview?

1	2	3	4	5	6	7	8	9
Totally Incomprehensible								Very Clear

- (2) How much did the previous interview hold your interest?

1	2	3	4	5	6	7	8	9
Not At All								Totally

- (3) How informative do you feel the previous interview was?

1	2	3	4	5	6	7	8	9
Not At All Informative							Extremely Informative	

- (4) How controllable do you think the previous rape was? That is, how much chance do you think the woman had to avoid the rape?

1	2	3	4	5	6	7	8	9
Not At All Controllable							Extremely Controllable	

- (5) Overall, how useful would you say the previous interview is?

1	2	3	4	5	6	7	8	9
Not At All Useful								Very Useful

- (6) Do you think the previous interview should be reworded or retained in the victim's own words?

_____ Reworded

_____ Retained

- (7) Please share any comments or suggestions you have concerning this particular interview:

PLEASE TURN TO PAGE #10 IN YOUR

PAMPHLET-IN-PROGRESS BOOKLET NOW...

Specific Interview Rating Form: INTERVIEW #2

[71]

- (1) How clear was the previous interview?

1	2	3	4	5	6	7	8	9
Totally Incomprehensible								Very Clear

- (2) How much did the previous interview hold your interest?

1	2	3	4	5	6	7	8	9
Not	At	All						Totally

- (3) How informative do you feel the previous interview was?

1	2	3	4	5	6	7	8	9
Not At All							Extremely	
Informative							Informative	

- (4) How controllable do you think the previous rape was? That is, how much chance do you think the woman had to avoid the rape?

1	2	3	4	5	6	7	8	9
Not At All							Extremely	
Controllable							Controllable	

- (5) Overall, how useful would you say the previous interview is?

1	2	3	4	5	6	7	8	9
								Very
Not At All								Useful
Useful								

- (6) Do you think the previous interview should be reworded or retained in the victim's own words?

Reworded

Retained

- (7) Please share any comments or suggestions you have concerning this particular interview:

PLEASE TURN TO PAGE #11 IN YOUR

PAMPHLET-IN-PROGRESS BOOKLET NOW...

- (1) How clear was the previous interview?

1	2	3	4	5	6	7	8	9
Totally Incomprehensible								Very Clear

- (2) How much did the previous interview hold your interest?

1	2	3	4	5	6	7	8	9
Not At All								Totally

- (3) How informative do you feel the previous interview was?

1	2	3	4	5	6	7	8	9
Not At All Informative							Extremely Informative	

- (4) How controllable do you think the previous rape was? That is, how much chance do you think the woman had to avoid the rape?

1	2	3	4	5	6	7	8	9
Not At All Controllable							Extremely Controllable	

- (5) Overall, how useful would you say the previous interview is?

1	2	3	4	5	6	7	8	9
Not At All Useful								Very Useful

- (6) Do you think the previous interview should be reworded or retained in the victim's own words?

_____ Reworded

_____ Retained

- (7) Please share any comments or suggestions you have concerning this particular interview:

PLEASE TURN THE PAGE...

General Interview Rating Form

- (1) Please rank the preceding three interviews on the basis of how informative they are (1=Most Informative; 3=Least Informative)

_____ Interview #1

_____ Interview #2

_____ Interview #3

- (2) Of the three interviews, which do you feel is most effective in conveying a true picture of rape? (Circle one)

#1 #2 #3

- (3) Which do you think is second most effective in conveying a true picture of rape? (Circle one)

#1 #2 #3

- (4) How many interviews do you think the pamphlet should contain? (Circle one)

1 2 3

- (5) Do you think the interviews should be included in their entirety or should they be shortened? (Circle one)

In Its	Slightly	Substantially	Just Brief
Entirety	Shortened	Shortened	Quotes

- (6) Is there any interview (interviews) to which you really object?

Which one(s) and why?

PLEASE TURN TO PAGE #12 IN YOUR
PAMPHLET-IN-PROGRESS BOOKLET NOW...

Rape Fact Sheet Evaluation Form

(1) How informative did you find the previous Rape Fact Sheet?

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
Not at All							Extremely	
Informative							Informative	

(2) How clear did you find the Rape Fact Sheet?

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
Extremely							Not At All	
Clear							Clear	

(3) Should any of the seven items be deleted, and if so, which one(s)?

(4) Should any of the items be reworded, and if so, which one(s)?

(5) The Rape Fact Sheet presents the picture of rape as being:
(Circle one)

Very	Somewhat	Slightly	Not At All
Controllable	Controllable	Controllable	Controllable

PLEASE TURN THE PAGE...

Thank you for reading all of our pamphlet material. Before you leave, please take a few minutes to answer the following questions. Remember, your input is very important to us.

GENERAL INFORMATION

- (1) How often do you think a woman can avoid being raped if she really tries?

1	2	3	4	5	6	7	8	9
All the								Never
Time								

- (2) What do you think the chances are that someone would try to rape you?

1	2	3	4	5	6	7	8	9
Very								Very
Low								High

- (3) How much control do you think women have over rape?

1	2	3	4	5	6	7	8	9
No								Complete
Control								Control

- (4) When you now go out alone after dark, how afraid will you be of being raped?

1	2	3	4	5	6	7	8	9
Extremely								Not at All
Afraid								Afraid

- (5) How likely, compared to the average woman, do you think you are to be raped?

1	2	3	4	5	6	7	8	9
Much less								Much more
Likely								Likely

QUESTIONS CONTINUE ON THE NEXT PAGE...

- (6) How fearful would you be if you had to walk home alone tonight?

1	2	3	4	5	6	7	8	9
Very Fearful							Not at All Fearful	

- (7) How likely do you think you could avoid rape if confronted by the typical rape attempt?

1	2	3	4	5	6	7	8	9
Very Likely Avoid							No Chance to Avoid	

- (8) How much can a woman do to avoid being raped or sexually assaulted?

1	2	3	4	5	6	7	8	9
A lot							Nothing	

- (9) How fearful will you be the next time you are home alone after dark?

1	2	3	4	5	6	7	8	9
Very Fearful							Not at All Fearful	

- (10) Do you think reading our pamphlet would change a woman's attitude about rape. If so, what way?

NO _____ YES _____ More Fearful _____
Less Fearful _____

- (11) Do you think this pamphlet material has changed your attitude toward rape? If so, how?

QUESTIONS CONTINUE ON THE NEXT PAGE...

(11) After having read our pamphlet, how anxious will you be in the following situations? Also, how at risk would you feel in the following situations after having read the pamphlet?

(Check one ANXIOUS box and one RISK box for each situation)

	<u>ANXIOUS</u>			<u>RISK</u>		
<u>SITUATION</u>	More Anxious	No Change	Less Anxious	More At Risk	No Change	Less At Risk
Walking on Street at Night						
Being Home Alone at Night						
Meeting Stranger at Party						
Being Alone with Re- pairman						
A 1st Date						

QUESTIONS CONTINUE ON THE NEXT PAGE...

- (12) The researcher gave me instructions about the music and headsets.

YES _____ NO _____

- (13) If you answer "yes" to #12, to what extent do you feel you were given the choice to control the use of your headsets?

1	2	3	4	5	6	7	8	9
My				Not My				
Choice				Choice				

- (14) Please indicate your COMMENTS about the music below:

PLEASE TURN THE PAGE...

Notification to Research Team
Concerning the Final Version of the Pamphlet

If you would like a copy of our FINAL PAMPHLET, please complete the following information and detach it from the top portion of this page.

PLEASE NOTE: We ask you to separate this information from the rest of your answer sheet responses so that your name is in no way connected to your pamphlet critique.

Please tear below
on the dotted line:

NAME:

ADDRESS:

CITY:

STATE:

ZIP:

APPENDIX G
LIST OF MEASURES

List of Measures

Manipulation Checks

Cognitive Control

Interviews 1, 2, 3:

- (1) How controllable do you think the previous rape was?
(1 = Not at all controllable, 9 = Extremely Controllable)

Rape Fact Sheet:

- (2) The Rape Fact Sheet presents the picture of rape as being:

(Very Controllable, Somewhat Controllable, Slightly Controllable, Not at all Controllable)

Physical Control

- (1) The researcher gave me instructions about the music and headsets?

(Yes, No)
- (2) To what extent do you feel you were given the choice to control the use of your headsets?

(1 = My Choice, 9 = Not My Choice)

Cover Story Check

- (1) If you would like a copy of our final pamphlet, please complete the following information and detach it from the top portion of this page.

Main Dependent VariablesControl (General)

- (1) How often do you think a woman can avoid being raped if she really tries?

(1 = All the Time, 9 = Never)

- (2) How much control do you think women have over rape?

(1 = No Control, 9 = Complete Control)

- (3) How much can a women do to avoid being raped or sexually assaulted?

(1 = A lot, 9 = Nothing)

Control (Personal)

- (1) How likely do you think you could avoid rape if confronted by the typical rape attempt?

(1 = Very Likely Avoid, 9 = No Chance to Avoid)

Risk (Personal)

- (1) What do you think the chances are that someone would try to rape you?

(1 = Very Low, 9 = Very High)

- (2) How likely, compared to the average woman, do you think you are to be raped?

(1 = Much Less Likely, 9 = Much More Likely)

- (3) After having read our pamphlet, how at risk will you feel walking down the street at night? (Check one box)

(More at Risk, No Difference, Less at Risk)

- (4) After having read our pamphlet, how at risk will you feel when you are home alone at night? (Check one box)

(More at Risk, No Difference, Less at Risk)

- (5) After having read our pamphlet, how at risk will you feel meeting a stranger at a party? (Check one box)

(More at Risk, No difference, Less at Risk)

- (6) After having read our pamphlet, how at risk will you feel when you are alone with a repairman? (Check one box)

(More at Risk, No Difference, Less at Risk)

- (7) After having read our pamphlet, how at risk will you feel on a first date? (Check one box)

(More at Risk, No Difference, Less at Risk)

Anxiety (Personal)

- (1) After having read our pamphlet, how anxious will you be walking down the street at night? (Check one box)

(More Anxious, No Difference, Less Anxious)

- (2) After having read our pamphlet, how anxious will you be when you are home alone at night? (Check one box)

(More Anxious, No Difference, Less Anxious)

- (3) After having read our pamphlet, how anxious will you be meeting a stranger at a party? (Check one box)

(More Anxious, No Difference, Less Anxious)

- (4) After having read our pamphlet, how anxious will you be when you are alone with a repairman? (Check one box)

(More Anxious, No Difference, Less Anxious)

- (5) After having read our pamphlet how anxious will you be on a first date? (Check one box)

(More Anxious, No Difference, Less Anxious)

Fear (General)

- (1) Our pamphlet would change a woman's attitude about rape [to be]:

(More Fearful, Less Fearful)

Fear (Personal)

- (1) When you now go out alone after dark, how afraid will you be of being raped?

(1 = Extremely Afraid, 9 = Not at All Afraid)

- (2) How fearful would you be if you had to walk home alone tonight?

(1 = Very Fearful, 9 = Not at All Fearful)

- (3) How fearful will you be the next time you are home alone after dark?

(1 = Very Fearful, 9 = Not at All Fearful)

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VITA

Jennifer Howard Brockway was born in Beloit, Wisconsin, but spent the majority of her childhood in Hudson, Ohio and Adrian, Michigan. Valedictorian of her Adrian High School class, Brockway left her hometown in 1986 to attend Saint Mary's College in Notre Dame, Indiana where she majored in Psychology and minored in English Literature and Sociology, receiving Summa Cum Laude recognition.

Brockway declined several law school offers to accept a faculty position at La Lumiere School, a private college preparatory boarding school in LaPorte, Indiana. From 1990 to 1993, Brockway taught numerous courses including Psychology, Sociology, Ethics, English Writing, and English as a Second Language in addition to coaching the tennis team. In 1992, she added to her roles the administrative position of La Lumiere's College Admissions Director.

In 1993, Brockway enrolled in Loyola University Chicago's Applied Social Psychology Ph. D. Program. She is currently a research assistant for Dr. Fred Bryant and serves as a graduate statistics tutor. Brockway also has served as a research consultant for the Leo Burnett Company in Chicago. A member of both the American Psychological Society and the Midwestern Psychological Association,

Brockway's research interests include fear of crime, measurement selection, and the impact of architecture and the built environment on behavior. Besides teaching and research, Brockway enjoys tennis, swimming, and cross-country skiing. She is a professional tennis instructor and has coached and instructed in Michigan, Indiana, and Illinois. Brockway currently resides in Evanston, Illinois with her husband, David, and dog, Allie.

THESIS APPROVAL SHEET

The thesis submitted by Jennifer Howard Brockway has been read and approved by the following committee:

Linda Heath, Ph.D., Director
Professor, Psychology
Loyola University Chicago

Fred Bryant, Ph. D.
Professor, Psychology
Loyola University Chicago

The final copies have been examined by the director of the thesis and the signature which appears below verifies the fact that any necessary changes have been incorporated and that the thesis is now given final approval by the committee with reference to content and form.

The thesis is, therefore, accepted in partial fulfillment of the requirements for the degree of Master of Arts.

March 17, 1995
Date

Linda Heath
Director's Signature